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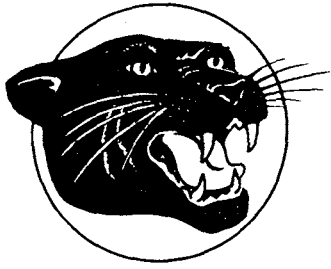
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Panther Sports News

EASTERN ILLINOIS UNIVERSITY, Charleston, IL 61920

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June 9, 1983
LS-AS-General

FOR IMMEDIATE RELEASE

CHARLESTON, IL--Entries are now being accepted for the 18th Eastern Illinois University Panther Pant, a 12½ mile (20 kilometer) road race that winds through the Coles County countryside.

The race will be held at 7 a.m., Saturday, July 23. Entries may be sent to Dr. Thomas Woodall, Lantz Building, EIU, Charleston 61920. There is a \$5 entry fee which must be postmarked July 16, and \$6 after that date. For further information contact Woodall at 217-581-3510 on campus, 345-4109 at home.

In conjunction with the Panther Pant, there is four mile 'Short' Pant on the same day open to anyone "who doesn't have the fitness level required of the longer distance," said Woodall. "To enter the Panther Pant, you must be able to average 7:30 minutes per mile."

Awards will be presented to the Top 10 in the Panther Pant and age group finishers, both men and women, in the four mile race.

Tim Warneke, former EIU distance ace, is the defending champ. However he will be challenged by another former Eastern great, Joe Sheeran, currently an Air Force officer stationed in Ohio, who holds the record of 1:01:50.

"Sheeran has recently run 2:15 and 2:16 marathons and has qualified for the Olympic Trials, so he's in great shape," said Woodall.

An added feature which Woodall believes might attract some quality runners will be the presence of Dr. David Costill, a world reknown expert in exercise physiology from Ball State.

"He will present a lecture the night before (July 22) in the library lecture room on running in heat and humidity. He's tested the world's great marathoners and is an expert in his field.

"We're hoping to get some people who might want to come in a day or so early, hear his lecture and compete the next morning," Woodall said.